



SPECIAL ADD ON SERVICES  
*Angel Confinement Meals*

**7 DAYS REJUVENATE BEAUTY COLLAGEN MEALS**  
(\*AFTER 28 DAYS CONFINEMENT) TO KEEP THE INNER SKIN GROWING

**DAY 1:**

Creamy Avocado Soup with mixed bell peppers  
奶油鳄梨汤配混合甜椒

Sweet Citrus Zest Poached Salmon with cherry tomatoes  
甜柑橘水煮三文鱼配樱桃番茄

Garlic Roasted Brussels Sprouts with Chilli Lime  
大蒜烤球芽甘蓝配辣椒酸橙

Multi-grain rice with mix mushroom  
香菇雜糧飯

Red Date Longan ginger tea  
紅棗龍眼薑茶

**DAY 2:**

Snow pear with white fungus chicken beauty soup  
雪梨銀耳美容雞湯

Traditional British Mustardy pork steaks with mash potatoes onions and apple  
传统英式芥末猪排配土豆泥洋葱和苹果

Stewed pumpkin, mushrooms, and asparagus with goji-berry and ginger slices  
炖南瓜、蘑菇蘆筍、枸杞和薑片

Multi-grain rice with mix mushroom  
香菇雜糧飯

Red Date Longan ginger tea  
紅棗龍眼薑茶

**DAY 3:**

Apple with white fungus chicken beauty soup  
蘋果銀耳雞美容湯

Pan-Seared Cod in White Wine Tomato Basil Sauce  
白葡萄酒番茄罗勒酱煎鳕鱼

Steamed broccoli with Tofu and Black Fungus  
豆腐黑木耳蒸菜花

Multi-grain rice with mix mushroom  
香菇雜糧飯

Red Date Longan ginger tea  
紅棗龍眼薑茶

**DAY 4:**

Double Boiled Coconut with Coconut slices with Goji-berries Chicken Soup  
椰子片配枸杞雞湯

Honey Soy Glazed Salmon with olive cherry tomatoes  
蜂蜜三文鱼配橄榄樱桃番茄

Steamed spinach with Fish Maw goji-berry and Egg White Glazed  
蒸熟魚肚枸杞和蛋白釉菠菜

Multi-grain rice with mix mushroom  
香菇雜糧飯

Red Date Longan ginger tea  
紅棗龍眼薑茶

**DAY 5:**

Chinese Apple with Fish Maw Pork Rib soup  
蘋果魚肚排骨湯

Slow-cooked herbs extra-virgin olive oil Salmon with Capsicum  
慢煮香草特级初榨橄榄油三文鱼配辣椒

Garlic Roasted Brussels Sprouts with chilli Lime  
大蒜烤球芽甘蓝配辣椒酸橙

Multi-grain rice with mix mushroom  
香菇雜糧飯

Red Date Longan ginger tea  
紅棗龍眼薑茶

**DAY 6:**

Beetroot, pomegranate, and parsnip soup  
甜菜根、石榴和欧洲防风草

Sunflower Seed-Crusted Orange Roughy fish with steamed asparagus tossed grated lemon rind  
葵花籽脆皮橙皮鱼配清蒸芦笋和磨碎的柠檬皮

Spanish Mix Capsicum with tomatoes Omelette  
西班牙混合辣椒西红柿煎蛋卷

Multi-grain rice with mix mushroom  
香菇雜糧飯

Red Date Longan ginger tea  
紅棗龍眼薑茶

**DAY 7:**

White Fungus Papaya Peanuts and Chicken  
銀耳木瓜花生雞湯

Crock-Pot boneless skinless chicken breasts & Broccoli Crock-Pot  
去骨去皮鸡胸肉和西兰花

Healthy Mexican Frittata with Pico de Gallo Pico de Gallo  
健康墨西哥菜肉馅煎蛋饼

Multi-grain rice with mix mushroom  
香菇雜糧飯

Red Date Longan ginger tea  
紅棗龍眼薑茶



SPECIAL ADD ON SERVICES

## Angel Confinement Meals

### 7 DAYS POST SURGERY RECOVERY MEALS

(\*FOR C-SECTION) BEFORE TAKING OUR 28 DAYS CONFINEMENT MEALS

#### DAY 1:

Steamed Ginger Pork Minced With Wolfberry  
枸杞蒸姜肉碎

Steamed Bean curd with Mushroom Wolfberries  
香菇枸杞蒸豆腐

Sheng Hua Soup  
生化汤

Five Grain Porridge  
五糧粥

Red Date Tea with Ginger and Wolfberry  
姜枸杞紅棗茶

#### DAY 2:

Chinese Lion's Head Pork Meatballs With  
Mushroom Sauce  
獅頭肉丸配蘑菇醬

Stew Pumpkin with Pork Minced  
肉碎南瓜

Sheng Hua Soup  
生化汤

Barley Porridge  
薏米粥

Red Date Tea with Ginger and Wolfberry  
姜枸杞紅棗茶

#### DAY 3:

Stir-fried Ginger Lean Pork  
清炒姜瘦肉

Baby Kai Lan w Chinese Mushroom  
芥兰炒蘑菇

Sheng Hua Soup  
生化汤

Trio Mushroom Porridge with Goji-Berry  
枸杞三重蘑菇粥

Red Date Tea with Ginger and Wolfberry  
姜枸杞紅棗茶

#### DAY 4:

Steamed Preserved Sweet Vegetables With Pork  
梅菜猪肉

Stir Fried Yu Mai Cai and minced pork meat  
炒魚麥菜肉末

Sheng Hua Soup  
生化汤

Longan with Minced black fungus Porridge  
龍眼黑木耳粥

Red Date Tea with Ginger and Wolfberry  
姜枸杞紅棗茶

#### DAY 5:

Sesame oil, Tomato Fried w Pork Kidney  
麻油番茄炒猪腰

Nourishing Red Date with Dang Gui Pork Rib Soup  
紅棗當歸排骨湯

Stir Fried Nai Bai with Oyster Mushroom  
蠔菇炒奶白

Papaya Porridge with Ginko and Goji-berry  
銀杏枸杞木瓜粥

Red Date Tea with Ginger and Wolfberry  
姜枸杞紅棗茶

#### DAY 6:

Stir Fried light sauce Pork with Bean curd Skin  
and Mushroom  
豆腐皮香菇紅燒肉

Herbal Soup with Black Fungus Pork Ribs Soup  
黑木耳排骨湯

Stir Fried HK Kai Lan with Ginko  
銀杏炒香港凱蘭

Barley Porridge  
薏米粥

Red Date Tea with Ginger and Wolfberry  
姜枸杞紅棗茶

#### DAY 7:

Kyoto Vinegar Pork Ribs  
京都醋排骨

Black Garlic Lotus Pork Rib Soup  
黑蒜蓮藕排骨湯

Stir Fry pumpkin with Black Fungus  
黑木耳炒南瓜

Trio Mushroom Porridge with Goji-Berry  
枸杞三重蘑菇粥

Red Date Tea with Ginger and Wolfberry  
姜枸杞紅棗茶